

Command staff and supervisors recommend Critical Incident Stress Management (CISM) services following these and other significant events.

## ► Indications for CISM

- Line of Duty Death
- Line of Duty Injury
- Multi-Casualty Incident
- Use of Deadly Force
- Suicide of an Emergency Worker
- Event Involving Children
- Knowing the Victim
- Excessive Media Interest
- Prolonged Incident
- Natural Disasters
- Terrorism
- Any other overwhelming event



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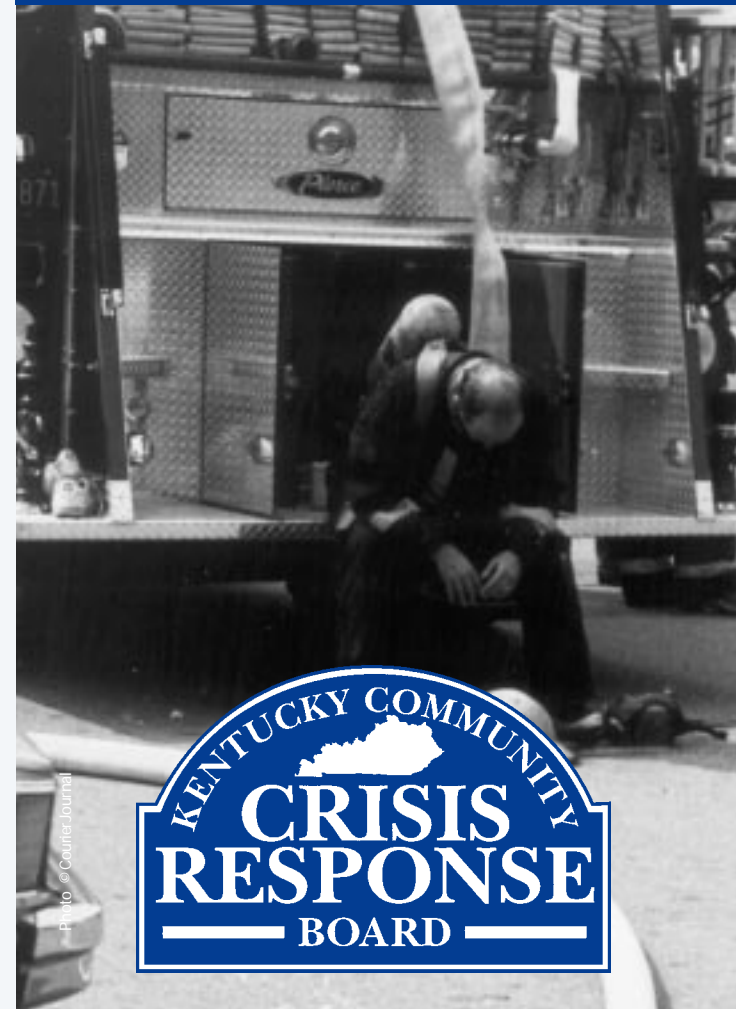
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**An office of the Kentucky Department  
of Military Affairs**



# Supporting Emergency Service Providers



**Supporting Communities in Crisis Management:  
Preparedness, Response and Ongoing Recovery**



Emergency services personnel are special in many ways. You have special personalities, special training, and special equipment. You accept challenges and expose yourself to situations that few people who work in non-emergency fields would even consider. You frequently perform extraordinary tasks that benefit the lives of fellow human beings. Yet no matter how extraordinary your job is, you remain a normal human being. You are subject to the stresses of life and the effects of being exposed to excessive danger, destruction, and human misery.

KCCRB provides specialized teams of trained professionals to guide emergency service providers through a proven process to minimize the negative reactions to traumatic experiences and to return to normal duty.

Teams consist of specially trained peers from the following fields:

- Fire
- EMS
- Law Enforcement
- Air Medical Rescue & Recovery
- Corrections
- Communications
- Nursing
- Emergency Management
- Disaster Workers
- Security and more



## ► Services Provided

- Defusings
- Debriefings
- Demobilizations
- On-Scene Support
- One-on-One Support
- Peer Counseling
- Family and Significant Other Support
- Pre-Incident Education
- Administrative and Supervisory Training
- In-Service Training
- Risk Assessment
- Crisis Planning and Preparedness
- Post Incident Follow-up

## ► Common Reactions

These common reactions have been identified by emergency service providers who have experienced traumatic events.

### Physical

- exhaustion or physical complaints
- worry about safety issues
- changes in eating or sleeping habits

### Thinking

- trouble concentrating or making decisions
- trouble discussing what happened
- confusion, flashbacks, nightmares

### Emotional

- generalized anxiety or guilt
- crying or fearfulness
- not feeling anything
- intensified or unfamiliar feelings

### Behavioral

- fear of being alone or in the dark
- fear of returning to work
- social withdrawal at work or home
- arguing or disobeying rules

### Spiritual

- individual or group reactions will vary
- tragic events many times confirm or challenge one's personal belief system

